

# Fight the Flu!

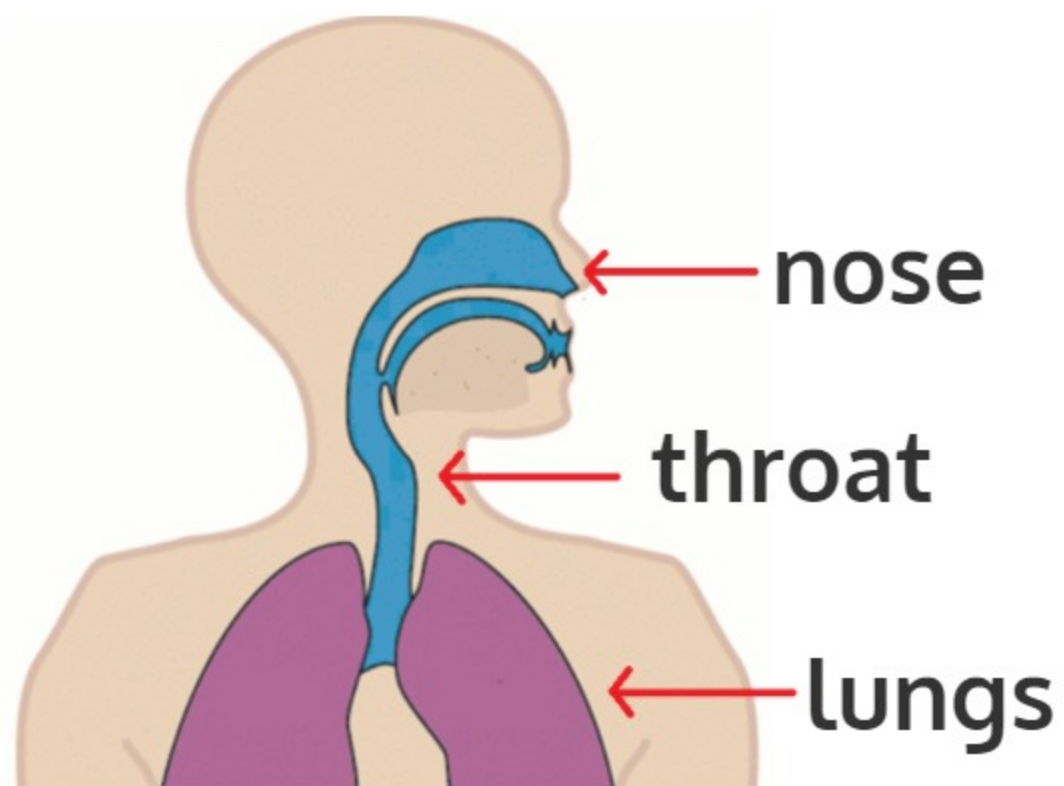
Get a flu vaccine.

## Did you know?



It takes about **14 days** for your body to build antibodies after flu vaccination.

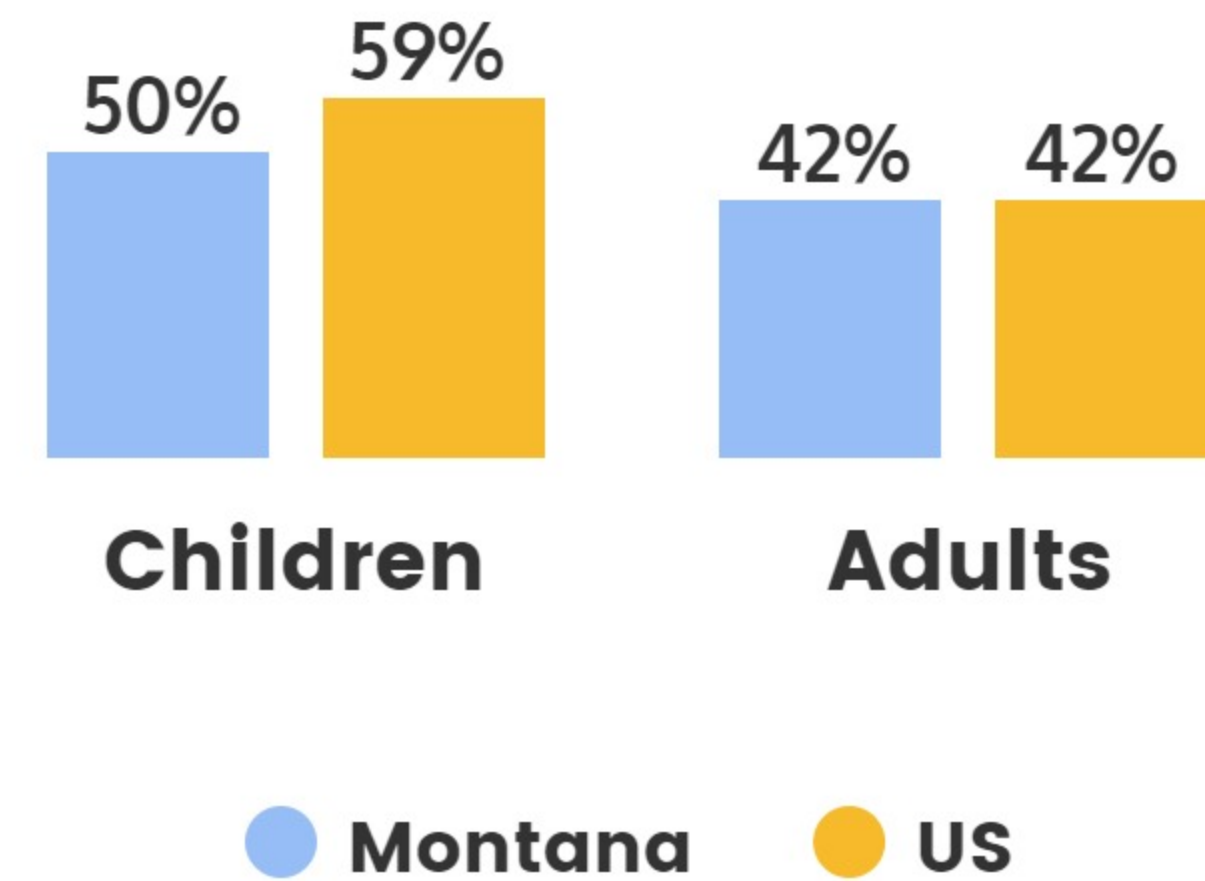
The flu is a contagious respiratory illness that infects the



**6 feet**

Distance someone can spread the flu virus.

Received a flu vaccine during 2015-2016 flu season



## Who needs a flu vaccine?



Everyone **6 months and older** needs a yearly flu vaccination, especially:

- ✓ Pregnant women
- ✓ Young children
- ✓ Adults aged 65+
- ✓ People with chronic medical conditions

## Ways to prevent the flu



Get a flu shot



Wash your hands often



Stay home if you are sick



Cover your cough

## National Influenza Vaccination Week (NIVW): Dec. 4-10, 2016

The Centers for Disease Control and Prevention established NIVW to highlight the importance of continuing flu vaccination through the holiday season and beyond.

❄️❄️ It's not too late to get your flu shot!